Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number

Learner Registration Number

Pearson BTEC Level 3 Nationals Extended Certificate

Time 2 hours

Paper reference **21333L**

Applied Psychology

UNIT 3: Health Psychology

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided
  – *there may be more space than you need.*

Information

- The total mark for this paper is 70.
- The marks for **each** question are shown in brackets
  – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ▶

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SECTION A

Read the following scenario carefully. The questions in this section relate to this scenario.

Answer ALL the questions in the spaces provided.

Tommie is 64 years old and has discussed retiring from their job as a manager of a clothing company. Tommie loves the job and does not really want to retire, but their partner, Sarah, disagrees and is worried about how stressed they are at work. Tommie's company made a big loss last year and they are worried that some members of staff may lose their jobs. Tommie must speak to all the staff about this next week.

Tommie and Sarah are also moving to a new house to be near their daughter. Tommie is not looking forward to the move after living in their current house for over 30 years. It would mean moving away from their brother, who is not well.

1 Identify, using the scenario, **two** stressors in Tommie's life.

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(Total for Question 1 = 2 marks)

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Tommie is becoming breathless when walking up the stairs at home and is getting chest pains. Sarah believes it is stress. Tommie thinks it is not serious, and it is happening because they have put on weight.

Sarah thinks that Tommie should exercise more. They do not like going to the gym, so Sarah suggests a short walk after work. Tommie refuses as work is too tiring. Sarah reminds Tommie that their father had a heart attack at the same age as they are now.

2 One concept from the Health Belief Model is perceived susceptibility.

(a) Explain what is meant by perceived susceptibility.

(2)

(b) Explain, using a concept other than perceived susceptibility, how the Health Belief Model could predict the likelihood of Tommie taking up exercise as a way of managing stress.

(3)

(Total for Question 2 = 5 marks)

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3 Locus of control can be a predictor of whether an individual will adopt a healthier lifestyle.

(a) Explain how having an internal locus of control can affect the likelihood of an individual adopting a healthier lifestyle.

(2)

(b) Explain whether locus of control is a good predictor of health-related behaviour.

(2)

(Total for Question 3 = 4 marks)

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4 Tommie's levels of stress remained high over a long period of time. They began to have difficulty sleeping and started to have headaches and colds, which led to time off work. Tommie began to drink more alcohol and eat more unhealthy food.

Assess the relationship between Tommie's high levels of stress and ill health.

(9)

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(Total for Question 4 = 9 marks)

TOTAL FOR SECTION A = 20 MARKS

SECTION B

Read the following scenario carefully. The questions in this section relate to this scenario.

Answer ALL the questions in the spaces provided.

Dembe has smoked cigarettes for 25 years and has never thought about stopping. When asked why, Dembe states that, '*I like the feeling smoking gives me and I have no reason to stop*'.

Dembe does not have a stressful job or home life but admits feeling a sense of relief when they have that first cigarette in the morning. They also feel more relaxed after having a cigarette at the end of the working day.

Dembe sees the doctor due to a continuous cough. The doctor advises that they need to stop smoking. The doctor provides information about stop smoking sessions that Dembe decides to attend the following week.

5 Dembe may have a genetic predisposition to becoming addicted to substances.

Define genetic predisposition to addiction.

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(Total for Question 5 = 1 mark)

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6 Describe the role of dopamine in Dembe's addiction to smoking.

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7 Dembe saw a poster in the doctor's surgery of the damage smoking does to the body. They said that the images 'were really horrible and made me feel really worried.'

(a) Explain, using your knowledge of fear arousal, whether the poster will persuade Dembe to give up smoking.

(3)

(b) Explain how effective the theory of fear arousal is when trying to persuade an individual to change their behaviour.

(2)

(Total for Question 7 = 5 marks)

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8 The leader of the stop smoking sessions knows that one factor that may persuade an individual to change their behaviour is who communicates the message.

Explain, using your knowledge of the Hovland Yale Model, the type of person the stop smoking sessions could invite to help persuade Dembe to give up smoking.

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(Total for Question 8 = 2 marks)

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Dembe has tried to stop smoking twice but when worried about something, they have a cigarette. They find it difficult not to smoke when out with friends, all of whom smoke.

Dembe feels that they do not have the ability to stop smoking. Their partner asks what they can do to support them in giving up.

9 Assess the usefulness of psychological treatments in helping Dembe to overcome their addiction to smoking.

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TOTAL FOR SECTION B = 20 MARKS

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SECTION C

Read the following scenario carefully. The questions in this section relate to this scenario.

Answer ALL the questions in the spaces provided.

Sacha has gambled on fruit machines for 15 years, spending £150,000 during that time. When asked about gambling he said, 'When I am playing the machine, I am in control. I know how to beat it and win. I do not gamble on Sundays because I know the machines are against me'.

Sacha wants to stop gambling but feels like it is the only way to relax after a stressful day. He does not believe he has the strength to give up and feels like a failure. Sacha has a group of friends who also gamble they 'come round and persuade me to gamble. I just cannot say no'.

10 Identify **one** example from the scenario that shows Sacha has a low level of self-efficacy.

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(Total for Question 10 = 1 mark)

11 The learning approach is used to explain non-substance related addiction such as gambling.

(a) Explain how the learning approach can help to understand the maintenance of gambling addiction.

(2)

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(b) Explain how effective the learning approach is in understanding gambling addiction.

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12 Describe how skills training could help Sacha overcome addiction to gambling.

(3)

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Sacha tells his friends that he is spending more and more money on gambling because it is the only way he gets a 'buzz'. Gambling is all Sacha thinks about now. When he is unable to gamble, he cannot concentrate and seems to get headaches. Sacha's friends ask whether gambling has caused any problems at home or work. He replies that it does not cause any problems at the present time.

13 Sacha's friends suggest that he may be addicted to gambling.

Explain, using **two** of Griffiths' six components of addiction, whether Sacha's friends are correct to suggest that he is addicted to gambling.

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(Total for Question 13 = 6 marks)

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Sacha's doctor suggests that therapy may help with his addiction. Sacha attends two sessions but then stops going as he does not feel therapy is working. He also does not have the time to attend any more sessions.

Sacha reluctantly returns to the doctor. However, he believes that the doctor did not listen when he said that therapy had not worked. The doctor gave Sacha information about other help available, but he could not remember it all and got confused.

14 Non-adherence is when patients do not follow the advice of health professionals.

Discuss why Sacha did not adhere to medical advice.

(Total for Question 14 = 6 marks)

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15 Evaluate how effective the cognitive approach is in understanding Sacha's gambling addiction.

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(Total for Question 15 = 9 marks)

TOTAL FOR SECTION C = 30 MARKS
TOTAL FOR PAPER = 70 MARKS

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